



SPRING INTO HEALTH

WELLNESS INITIATIVE
NIH OFFICE OF THE DIRECTOR

MAY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 NIH Main Campus, Building 1, Front Lawn 10:00 A.M. Kick-Off Event 3-on-3 Basketball Tournament	5 No Classes	6 No Classes	7 6130 Ex (CDEF) 11:00 A.M.–11:45 A.M. Optimal Health Seminar 12:00 Noon–12:45 P.M. Fitness Conditioning 1:00 P.M.–2:00 P.M. Line Dancing
10 6001 Ex (Room A) 11:00 A.M.–11:45 A.M. Boot Camp 12:00 Noon–12:45 P.M. Pain & Injury Prevention Seminar	11 6130 Ex (CDEF) 10:00 A.M.–2:00 P.M. Body Mass Index Calculation 11:00 A.M.–11:45 A.M. Deskercise 12:00 Noon–12:45 P.M. Urban/Soul Line Dancing	12 Fishers Lane 9:00 A.M.–1:00 P.M. Blood Pressure Screening & Vision Screening 11:00 A.M.–11:45 A.M. Boot Camp 12:30 P.M.–1:15 P.M. Vinyasa Yoga 1:30 P.M.–2:30 P.M. Line Dancing	13 Fishers Lane 12:00 Noon–12:45 P.M. Zumba® 1:00 P.M.–1:45 P.M. Fitness Conditioning	14 Fishers Lane 10:00 A.M.–2:00 P.M. Body Mass Index Calculation 11:00 A.M.–11:45 A.M. Step 12:00 Noon–12:45 P.M. Urban/Soul Line Dancing
17 6001 Ex (Room A) 10:00 A.M.–2:00 P.M. Blood Pressure Screening 6130 Ex (CDEF) 11:45 A.M.–12:30 P.M. Boot Camp 12:45 P.M.–1:30 P.M. Pilates	18 6001 Ex (Room D) 11:00 A.M.–11:45 A.M. Fitness Conditioning 12:00 Noon–12:45 P.M. Step 1:00 P.M.–2:00 P.M. Line Dancing	19 Fishers Lane 11:00 A.M.–11:45 A.M. Boot Camp 12:25 P.M.–1:10 P.M. Body Sculpting	20 NIH Main Campus, Building 1, Front Lawn 3rd Annual Take-A-Hike Day 11:00 A.M.–11:40 A.M. Warmup/Stretching 11:45 A.M. Welcome/Opening Remarks 12:00 Noon Fun Run	21 NIH Main Campus, in front of Building 1 7:00 A.M.–9:30 A.M. Bike-to-Work Day 2010 Celebration 6001 Ex (Room A) 11:30 A.M.–12:15 P.M. Boxing 12:30 P.M.–1:15 P.M. Body Sculpting
24 6001 Ex (Room A) 9:00 A.M.–1:00 P.M. Vision Screening Fishers Lane 10:00 A.M.–2:00 P.M. Body Mass Index Calculation 11:00 A.M.–11:45 A.M. Boot Camp 12:00 Noon–12:45 P.M. Urban/Soul Line Dancing	25 6130 Ex (CDEF) 12:00 Noon–12:45 P.M. Zumba® 1:00 P.M.–1:45 P.M. Fitness Conditioning	26 Fishers Lane 11:00 A.M.–11:45 A.M. Boot Camp 12:20 P.M.–1:05 P.M. Pilates/Stretch	27 6001 Ex (Room B) 12:00 Noon–12:45 P.M. Urban/Soul Line Dancing 1:00 P.M.–1:45 P.M. How Many Calories? Seminar NIH Main Campus, Building 1, Front Lawn 12:00 Noon–12:45 P.M. Ditch the Desk & Get Fit With Your Colleagues: 45-Minute Group Exercise Class	28 No Classes Beginning of Memorial Day Weekend

6130 Ex (CDEF) = Conference Rooms C/D/E/F, 6130 Executive Boulevard, Rockville | 6001 Ex = 6001 Executive Boulevard, Rockville
Fishers Lane = Terrace Level, Conference Room 508, 5635 Fishers Lane, Rockville | NIH Main Campus = 9000 Rockville Pike, Bethesda

FOR FULL SCHEDULE OR TO REGISTER, VISIT: <http://oarwellness.oar.nih.gov/>